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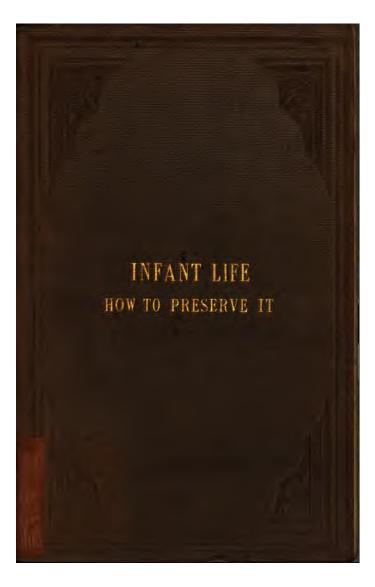
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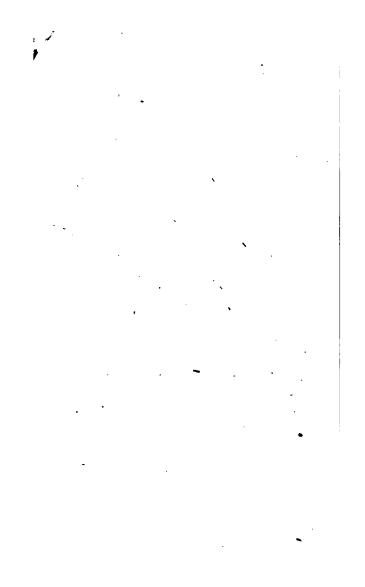


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INFANT LIFE: HOW TO PRESERVE IT.



INFANT LIFE:

HOW TO PRESERVE IT.

BY HENRY BUCK.

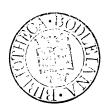
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PREFACE.

THE object of this little work is an endeavour, if possible, to lessen the amount of mortality in early life.

When we are told the terrible truth that one in every three of the children born, dies before arriving at the fifth year, we naturally inquire the cause.

The important question is far too extensive to discuss here; but should the following pages tend to assist the intelligent mother in mitigating the sufferings, and by timely warning help to save her offspring, the author will have attained his purpose.

- 8, CORNWALL CRESCENT,
 - CAMDEN ROAD, N.W.

June 1st, 1862.

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INFANT LIFE:

HOW TO PRESERVE IT?

In observing and treating the diseases of infants it is essential to remember that they are mostly acute in character, consequently of short duration, and require prompt relief.

Infancy is truly a period of growth, the process of waste and repair being performed with far greater rapidity than at more advanced age; and this extreme activity of functions gives to its diseases a peculiar feature.

The nervous system in the infant is acutely sensitive, and its sympathy intense, manifesting itself very differently to that of adult life. Mental depression, hysteria, and neuralgia, are not infant signs; but spasm and convulsions, the result of irritation, affecting directly the alimentary canal, and, by a reflex action, indirectly the brain and spinal column.

The brain during the first five years is very active in children; its weight is doubled within the first two years, and there is scarcely any disease which can attack a child without its sympathy; hence it results that a very large proportion of deaths occurring under five years of age are set down as due to disease of the nervous system.

As the brain becomes more fully developed the tendency to convulsions diminishes, and we have to treat disorder of the digestive function, and diseases of the more inflammatory type.

V:

INFANT LIFE.

When the infant is first born its temperacure is about ninety-four degrees, or four degrees lower than the parent; it is exceedingly sensitive to external influences, and should never be exposed to cold air; about one in ten perish within the first week from a want of power to resist external impressions, and one-fourth during the first year from various causes.

The average size of a healthy child at birth

| | Measures from | | | | and Weighs from |
|---------------|---------------|-----|------------|--------|-----------------|
| | 17 | to | 18 | inches | 6 to 8lbs. |
| \mathbf{At} | 1 y | ear | 26 | ,, | 20lbs. |
| | 2 | ,, | 30 | ,, | 24 |
| • | 3 | ,, | 33 | " | 27 |
| | 4 | ,, | 36 | ,, | 31 |
| | 5 | ,, | 3 8 | ,, | 34 |

A male child generally exceeds the female in length an inch, and in weight half-apound.

The pulse is variable and rapid in the infant, 100 to 150 beats in the minute, after three years old it should not exceed 100.

The respirations are about 40, soon after birth; at three years, 26 to 30; the breathing is abdominal.

GENERAL INSTRUCTIONS.

When the child is first born it should be washed in warm water, and well dried with a soft towel, in washing the eyes great care is required, and fresh warm water should be obtained for the purpose.

A band of fine soft flannel, cut on the cross to render it elastic, may be placed round the abdomen, and not drawn too tight. Pressure on the chest or abdomen can never be allowed, it prevents the action of the diaphragm, and the free motion of the ribs.

If the milk be absent for twelve hours after birth, a little warm water, sweetened with loaf sugar, and a tea-spoonful of milk, or a little fresh cream added, may be given to the infant. The breast should be applied every two hours; and, if possible, let the child empty one breast first, the next time giving the other; rest allows the milk to increase in quantity, and improve its quality.

Never awake the child to give it the breast; once or twice between midnight and six in the morning, is sufficient to suckle an infant.

At the age of four months the breast should be given daily every four hours at regular intervals, and once only during the night.

At five months a crust may be given the child to suck.

At nine months the child may be weaned. if its dentition is easy, if not twelve months. When there are twelve teeth it should always be weaned.

After weaning; food should be given frequently, but in small quantities.

SLEEP.

The infant's whole time is absorbed in sleep and taking food; this is the business of infant life. The clothing should be warm and light. During the first two years sleep in the day is required to repair the active waste, assist

During the first two years sleep in the day is required to repair the active waste, assist the growth, and give health and vigour to their delicate frame. The bed should be soft, and placed out of a draught or strong light.

As the child grows it will gain strength by allowing freedom to its limbs when awake; and when necessary to put it to sleep it should be placed in a cot—not laid across the knees and rocked, nor sung to sleep; nor covered by any thick heavy article of clothing, but that which is light and warm.

When it generates sufficient heat it may sleep away from the parent or nurse, but is better kept within reach during the night; be careful to place it on its side, not on the back.

The linen and bed of the infant should be aired daily, and in summer placed in the sun's heat.

The ventilation of the apartment is all important.

EXERCISE

After the first month should be regular in the open air every day. Children should be allowed to lie on the bed, or carpet, without bandage of any kind; give them every facility to kick, and roll about.

Until it is five months old it should not be placed in the sitting posture without some support. A child will begin to raise its own head at about two months, and, if strong, at five months may sit up. A child should never be forced too early to bear its own weight on the legs; if left to itself it will first creep, and ultimately stand of its own accord; otherwise the legs will become crooked, and, in females, the pelvis distorted. It is better to follow the dictation of nature than force children in gocarts, or adopting any artificial method.

THE CLOTHING

Should be warm and light, never tight; let the limbs be free to kick about, avoid pins in the dress, substitute strings; the clothing should be frequently changed.

At two months the head may occasionally be uncovered.

CLEANLINESS

Is all important to the health of the child, both as regards its skin and clothes.

Excoriation and disease of the skin, is the result of neglect.

During the first year tepid water should be used to wash the child, never quite cold; the operation should be performed quickly, and the child carefully dried by a fine soft towel. When necessary to change the diaper by day, well wash the part it covers with warm water, especially in the folds of skin to remove any excrement that may produce chafing and discomfort.

Be careful to clean the head and ears thoroughly; and thus avoid Impetigo and Eczema.

The healthy child is cool, plump, lively, flesh firm, movements free, delights to be played with and tossed about. The abdomen full, soft, not tender on pressure. Eyes bright, and beaming, mouth moist, tongue whitish.

In sleep, calm and serene; respiration quiet, easy; eyes firmly closed, pupils strongly contracted; awakes cheerfully, ready for food. The secretions natural and regular.

ARTIFICIAL FEEDING.

When, from any cause, the child is deprived of the breast-milk, one of the following forms may be substituted:—

1.

Cow's milk . . . Two-thirds, Lime water . . . One-third.

Add a little cream.

2.

Dissolve one ounce of sugar of milk in three-quarters of a pint of boiling water; add an equal quantity of fresh cow's milk.

8.

Take of lean beef and veal, each three ounces; boil six hours in a quart of water; add a little salt: skim when cold. Mix this with milk-and-water, equal parts. Warm it as it may be required for use.

RICE WATER .- (FEVER DRINK.)

Take of ground rice one ounce, water, one quart; boil and strain, sweeten with loaf sugar; the same may be acidulated by a little lemon-juice.

OBSERVATIONS.

In treating diseases of infants, objective symptoms must be our chief guide; the little sufferer is unable to state his feelings, but the attitude, cry, general expression, the eye, dry and burning heat, condition of the stool and urine, all bespeak the disturbance, and suggest the treatment.

Any disposition to glandular enlargement, or skin disease, should be skilfully treated in infancy without delay.

A purulent discharge from the eyes, which may occur a few days after birth, should receive prompt attention, or the sight may be lost.

The most frequent diseases of infants are those of the skin, brain, lungs, and intestines.

Irritation is more common than inflammation.

Shivering does not occur in very young children. Children do not often shed tears until after the third month.

If a child cannot stand upright at two years old, and the superior fontanelle is open, such a condition indicates rickets.

In cutting the teeth, the first incisors should appear about the seventh month: the second at the tenth; those of the lower jaw first; the posterior molars are the last, and appear about the twenty-fourth month. The first, or milk set, number twenty teeth.

Vaccination should be performed at the age of two months, if the child be healthy.

In all difficulties, and doubtful cases, seek medical aid, early, it will prove safer and cheaper in the end.

WARM BATH.

Young children are sometimes frightened at the water, and scream immediately they are brought in contact with it; in such cases dip a small blanket in hot water, wring it out, wrap the child in it, and cover closely with a dry sheet.

If the breathing is very rapid, a warm bath is injurious.

ANGINA.—(Sore Throat.)

This generally comes on with a common cold—chills, heat, restlessness, difficulty in sucking the breast, wheezing sound on breathing. On examination the throat is red, tonsils may be swollen, face gets red and bloated, glands of the neck tender and swollen. Angina may merge into bronchitis, croup, or diptheria, when it would become dangerous. It is not very common in young infants.

Aconite.—6th potency, three globules, or one pilule, in water, every half-hour.

Dulcamara.—6th potency, three globules, or one pilule in water every four hours.

APTHEA.—(THRUSH.)

Duration, Eight to Ten Days,

Is generally preceded a few days by restlessness, cross humour, face red, then turning pale, fever, spasms, thin greenish stools; or, if very slight, may run its course in two or three days without such disturbance. Small red spots, surmounted by a white vesicle, appear on the tongue, inside of the mouth, and cheeks; they may be single or in clusters. In about three days the vesicle bursts, and forms an adherent mucus, which tenaciously clings to the part, the mouth is hot, and the flow of saliva increased.

Borax.—Dissolve twelve globules, or four pilules, in six table-spoonfuls of water; give one table-spoonful every two hours.

Mercurius is also very useful in some cases.

UNFAVOURABLE SYMPTOMS.—Rapid extension of the disease into the pharynx and larynx, the vesicles assuming a yellow or brownish colour.

ASTHMA.—(SPASMODIC.)

(SPASM OF THE GLOTTIS.)—Dangerous.

A sudden stoppage of the breath after a fit of passion, or a spasm suddenly occurring on awaking from sleep, or from fright, the rima glottis contracts, and thus stops the breath; the face turns pale, then blue; cold sweat on the forehead; there is no fever nor cough. Convulsions may succeed an attack; there is danger of suffocation.

Sambucus and Arsenicum alternately, eight globules in four table-spoonfuls of water, one every three hours. Apply hot water to the throat, and rub the soles of the feet with a warm hand. Medical aid should be sought early.

BRONCHITIS.

A grave affection, generally preceded by a cold. In the infant it runs an acute course lasting five or six days in favourable cases.

The symptoms at first are those of common cold; a dry cough announces irritation of the lining membrane of the larger bronchial tubes; soon a wheezing is heard on each inspiration; the expiration becomes short and rapid; at first the fever is not very intense; if relief is not speedily obtained the irritation will spread to the smaller bronchi, which are exceedingly delicate in the infant; the skin becomes hot and dry, especially the head and hands; bowels costive, or may be diarrhoea, the cough rough and hoarse, pulse rapid, respiration shorter and more difficult; the bronchial tubes become engorged, and the infant threatened with suffocation. There is an as-

pect of distress in the countenance; face pale, but after a fit of coughing assumes a purple tinge, the eyes glassy, nares dilated, considerable thirst. Urine scanty, and high coloured-

The symptoms are sometimes very changeable, the child appearing better for some hours, but the suffering may again return with increased intensity.

Treatment.—Dissolvesixglobules of Aconite in six desert spoonfuls of water, give one spoonful every half hour, when relief is obtained cease the medicine. If the difficult breathing and cough continues troublesome, take Phosphorus three globules, 6; place them on the child's tongue every four hours.

Medical aid should be sought early.

UNFAVOURABLE SYMPTOMS.—Brown tongue, cold sweat on forehead, intermittent pulse rattling breathing, great prostration, &c.

CATARRH, CORYZA. (Common Cold.)

Infants are very susceptible to this affection, and its importance is manifest when we consider that it ushers in some of those diseases

which more frequently have a fatal termination.

Symptoms.—Sneezing, watering of the eyes, clear discharge from the nose, which becomes thick, face flushed, skin hot, urine scanty, sleep sometimes restless, nose swollen and red, mouth open during sleep.

Simple catarrh is not dangerous, and will often pass off with very simple treatment.

Pulsatilla.—Three globules placed on the tongue may be repeated every six hours if necessary.

There is, however, an inflammation of the mucus lining of the nose, and a peculiar kind of snuffling which prevents the child sucking the breast. This may require medical treatment, and should not be neglected.

CHICKEN POX.—(VARICELLA.)

Contagious and Infectious, duration five days, never dangerous.

Commences with slight fever, general lassitude and sleeplessness, the fever seldom exceeds thirty-six hours, after which, small red spots appear first on the back, circular and slightly prominent, single or in clusters, on the following day it is surmounted by a vesicle filled with a clear limpid fluid, and resembles when single, a split pea. It extends to the neck and chest, but is rarely seen on the face; on the third day the vesicle becomes yellowish and full; on the fourth, shrivelling commences; they gradually dry up and desquamate, disappearing about the eighth day.

Pulsatilla.—Three globules night and morning on the tongue.

CHOLERA.—(INFANTUM.)

Generally occurs in warm weather; diarrhoea with spasms and vomiting.

Should have medical treatment.

COLIC.

(FLATULENCE, DYSPEPSIA, GRIPING.)

This is very common to infants, and varies in intensity. The sleep is uneasy, twisting of the body, drawing up the legs and kicking them suddenly out again, sudden cry, rumbling with distention of the abdomen, escape of flatus (wind), stools greenish and smell sour; pressure and slight friction with the warm hand, relieves the pain.

Chamomilla.—Three globules on the tongue every four hours will soon give relief, if not complete the cure.

Belladonna and Mercurius are also useful remedies.

CONSTIPATION

More frequently occurs with children artificially brought up; Hartmann ascribes it to nonsufficient liquid food, it may be constitutional.

Nux Vomica, Bryonia, Opium, Mercurius, are the principal remedies.

Nux.—A dose or two will generally relieve it dissolved in water.

CONVULSIONS

May arise from several causes; worms; difficult dentition is a very common cause, the nerves being over stimulated; blood too poor or too rich; errors in diet; milk poor in quality; a poison in the blood, as preceding measles; affection of the brain; or spinal cord.

An attack may come on suddenly, or there may be premonitory symptoms.

When suddenly attacked, the child appears surprised, fixed look; the body lengthens; the limbs stretch and stiffen; the face swollen; head thrown back, turns to one side, then the other; the jaws clenched; the eyes turn up; respiration appears suspended.

When the attack is preceded by some irritation, the child is unusually wakeful and restless, the least noise causes it to start; the light seems too much for the eye, or the lids are firmly closed; the thumbs are clenched in the palm of the hand; frequent twitching of the hands and feet; there may be alternate red and paleness of the face, or a pinched look with a blueish ring around the mouth.

The more violent the fit, as a rule, the shorter its duration; and the more feeble last longer, as the fit passes off the convulsive movements are less violent; muscular contraction relaxes; the child may fall into a deep sleep, or takes a full inspiration like a deep

sigh, and cries, after which the respirations become regular.

Convulsions are at all times alarming, but not always dangerous, a child may die in a fit; but this is rare. The prognosis must depend on the cause; if from intestinal derangement, worms, or difficult dentition, they generally succumb to treatment, but occurring with whooping cough, measles, small pox, or pneumonia, very grave.

Treatment must be regulated by the indications presented—the warm bath is generally. used.

If from worms . . . Cina or Mercurius.

Intestinal derangement Aconite.

Difficult dentition and

brain affection. . Belladonna.

But medical advice should be speedily obtained.

CROUP

Generally begins with fever, symptoms of cold, hoarseness, cough, and sense of constriction in the throat; or the attack may take place suddenly, awaking the child in the night. With fine wheezing inspiration and difficult breathing, it seems unable to cry, but the head is thrown back, the whole body convulsed, face deadly pale, with threatened suffocation; there is a peculiar crowing sound, from which the name has been derived. The disease is very dangerous, and requires prompt medical treatment; sometimes an operation is required. Aconite and Spongia may be given alternately every five or ten minutes until medical aid can be obtained; but this disease is often difficult to distinguish, even by the educated practitioner, and

must not be trifled with.

CRUSTEA LACTEA .- (MILK CRUST.)

This eruption frequently seen on infants during the period of Lactation, consists of an accumulation of small white pustules appearing on the face, sometimes extending to the neck, chest, and shoulders, but not often beyond. These pustules burst, and a yellowish matter exudes, which dries up, forming a small scab. The disease is not dangerous nor contagious, but often causes some irritation.

- Rhus Tox.—Three globules, or one pilule, twice during the day.
- Sepia.—Three globules, or one pilule, every night.

Wash the crusts with warm water, and observe the utmost cleanliness.

CRYING OF INFANTS.

Children at the breast seldom cry without feeling pain; the general cause is griping, attended with wind; the stools of a greenish color. This may arise from some irregularity of diet; in the mother or nurse; affecting the milk.

Chamomilla.—Three globules, or one pilule, two or three times a day.

The same may be taken by the mother or nurse. If this fails—

Mercurius.—In the same manner.

Keep the child warm.

CYANOSIS .-- (or Blue DISEASE.)

This is marked by a blue colour of the face, hands, and feet, especially the tips of the fingers and nails; it generally appears a few days after birth, and is increased during the effort of sucking or crying; the temperature is low; the child is languid, without energy and the features indicate disease. It is most frequently caused by malformation in the heart, defect of the Foramen Ovale.

Digitalis appears the most appropriate remedy.

DENTITION.

During this process the child is extremely sensitive, and according to the powers of its constitution, will be regulated the amount of irritability. It seems to awaken up all the weakness of the organism, tending to eruption, irritation, inflammation, and congestion, diarrhoea, and disorder of the digestive func-Few children pass the ordeal without some suffering. The first period generally commences about the fifth month: the mouth becomes hot, the gum swollen and tender, with dribbling of increased saliva. In some cases, restlessness, langour, and a constant desire to be nursed. At about the seventh month. the two middle incisors of the lower jaw break through; some children are very much later. There are two opinions about the lancet: some are opposed entirely to its use, others hastily rush to lance the gums; a physician tells you a cicatrix forms, which renders the gum harder than natural, and retards rather than facilitates the object; a surgeon will declare he has done it a hundred times without such occurrence, and afforded considerable relief to the little sufferer. Nature is generally the best workman, and probably the lancet is required only at a given moment, and under peculiar circumstances, such as during convulsions, or when the tooth is immediately protruding.

- Coffea 6.—For the restlessness and loss of sleep, three globules night and morning.
- Aconite. If gums much inflamed, one globule every six hours.
- Chamomilla.—If the bowels, are much disturbed, green stools, diarrhea.

Calcarea.—In difficult dentition—give two globules, every morning for one week; wait two days, give Sulphur two globules, then repeat Calcarea as before.

DIARRHŒA.

Very common in infants, may arise from the following causes:—1st. Poor condition of the milk. 2nd. Emotion of the mother. 3rd. From cold. 4th. Irritation of the intestines. 5th. Dentition. This latter cause will be revealed in heat of the mouth, drivelling, and swelling of the gums.

For the 1st, Chamomilla and Silicea to the mother, four globules, or one pilule of each, every six hours alternately. In the 2nd . Ignatia, the same.

" 3rd . Pulsatilla, two globules to the child.

,, 4th . Mercurius, ditto.

,, 5th . Aconite and China in alternation, two globules of each once a day.

When the diarrhea proceeds from any change in the breast-milk, substitute the form No. 1 or 2 under Artificial Feeding for one or two days, during the treatment of the mother.

DIPTHERIA.

Infectious, Dangerous.

Generally commences with pain, heat, dry stiff sensation in the throat, which is intensely red; becoming tinged of a purple hue; in a day or two, a small patch of an ash color is seen on the tonsil, or the back of the pharynx, which soon assumes a lard like appearance, this thickens, becomes yellow, and resembles a bit of wash leather, about the size of a four-penny piece. The glands now swell, deglutition becomes difficult, and, if relief is not afforded, the nervous system is shortly implicated, and the result may be fatal.

Aconite and Belladonna may be used until medical aid is obtained.

DYSENTERY,

(MUCOUS AND BLOODY STOOLS,)

Is rather frequent during dentition, generally, commences with a chill, alternating with sweat, nausea, and vomiting; colic; pain in the abdomen, whichis tender to pressure; or by slight fever; skin dry, hot; sleeplessness; lassitude; scanty urine; the child cries during the evacuation, which consists of mucus and blood. The inflamed rectum protudes, and there is a constant desire to go to stool.

Aconite and Mercurius Vivus in alternation.

Ipecacuhana.—Has been found useful.

Petroleum.—Is recommended by Dr. Teste.

DYSPEPSIA.—See Colic.

DEAFNESS,

May arise from several causes.

If from cold give Pulsatilla.

The result of measles . . Carbo Vegetabalis.

- scarlatina . Hepar Sulph.
- " small-pox . Mercurius and Sulp.

ECLAMPSIA.—(Spasms, Inward Fits.)

The result of disorder of the intestines; the child lies asleep, the eyes partly closed, the muscles of the face twitch, there is a peculiar smile (which gave rise to the superstition in Ireland that the child talked with angels); the child easily awakes, passes wind, and is relieved.

In more severe cases the twitchings become strong, rather distorting the features, a blue ring appears round the mouth; rolling of the eyes and occasional squinting. The child shrieks, draws up its legs, and suddenly throws them out; when put to the breast it seizes it; draws a little, suddenly lets go with a scream, twists, and tries to take it again. These fits may last a few minutes, or a quarter of an hour. A comatose stupor often succeeds; when the face becomes hot, and the eyes red. All bandages or pressure should be removed from the abdomen; these are often the cause.

In the simple form—Chamomilla.

Three globules on the tongue.

The more intense.—Aconite and Belladonna.

In a difficult case—The warm bath, and medical aid. See Convulsions.

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ECZEMA.—(ERUPTION ON THE SKIN.)

Occasionally attacks children during dentition, and is apt to appear behind the ears, especially if the part is not carefully washed. A number of yellowish little pustules appear, and burst; the skin beneath is irritated and inflamed. After some time the glands swell, but never suppurate.

Apply warm weak gruel as a wash; regulate diet; good milk.

Rhus Toxicodendron. — At bed time, three globules.

Ledum Palustre, in the morning, three globules, or one pilule.

ENTERITIS.

INFLAMMATION OF THE INTESTINES

Is dangerous, and should have very skilful treatment.

ENURESIS.

(INABILITY TO RETAIN THE URINE.)

This disposition to wet the bed is caused by irritation of the mucous coat of the bladder, and is often dependent on debility.

Sepia.—Two globules every night.

Sulphur and Silicea may be required in some cases.

EPISTAXIS.—(Bleeding from the nose.)

This is common and often troublesome in some children, it depends on a constitutional taint, and may be accompanied by worms.

Arnica every half hour; if the bleeding continues apply cold water to the genital organs

To remove the tendency, Cina every morning. Three globules, or one pilule.

Phosphorus and Mercurius are very useful.

In some obstinate cases Sulphuric Acid has proved curative.

ERYSIPELAS.

Dangerous.

Most frequently occurs from the third to the tenth day after birth; commences with restlessness, loss of sleep, thirst, constipation, or greenish watery stools; a red spot appears about the region of the umbilicus (navel), gradually spreading until it covers the abdomen.

The disease assumes a livid color, and has a smooth velvety feel, pits on pressure, not readily resuming its position.

The disease may extend over the whole body.

Treatment.—Strengthen the child as much as possible.

Aconite and Belladonna may be given, but medical aid is all important.

Dry flour or starch powder may be applied.

GANGRENE OF THE MOUTH,

(CANCRUM ORIS.)

Occurs in children from two to ten years of age, and is too formidable to be entered upon here. A similar disease is apt to attack the vulva of female children, which requires skilful treatment.

HERNIA.-RUPTURE.

This may be congenital, occurring at birth; or accidental, caused by overstraining, or crying of infants; it is most frequent in the male, the intestine descending into, and causing a swelling in the scrotum; this requires to be replaced by the surgeon, and a truss applied. There are other kinds, but the UMBILICAL is most frequent; this is commonly called starting of the navel, increasing in size when the

infant cries or coughs; it can be replaced on pressure; for this purpose a split ivory ball, secured by adhesive plaster, or a compress of white leather, can be applied to retain the part in situ.

The surgeon should be consulted.

HYDROCEPHALUS,

(DROPSY OF THE BRAIN,)

Is very rare before six months, generally from two to eight years.

It commences with fever, heat, and pain in the forehead. The child throws up its toys during play, suddenly runs toward the mother, buries its head in her lap; it evidently feels a strange sensation, which makes it cry; presently this will pass off, and the child resume play; or it may turn sick and vomit a little, the head is observed to increase out of the usual proportion. The child is not disposed to look up,

loses its cheerfulness, gets habitually drowsy, means and grinds the teeth in sleep.

The symptoms are very variable, and medical advice should be speedily obtained.

Belladonna.—Two globules, 6th potency, may be administered twice a day.

IMPETIGO.—(CRUST-LIKE ERUPTION.)

An eruption occasionally seen during teething, consists of numerous yellow pustules, which run together, often begin on the forehead; they itch, get rubbed, and the exuded fluid dries and forms a crust of a greenish colour. As it advances it creeps on to the hairy scalp, matting the hair, and affects then the glands of the neck, which begin to swell. There is not much disturbance of the general health. The hair must be closely cut.

Rhus Toxicodendron every morning. Dulcamara every evening; continue for one week; then give Sulphur; wait two days, and commence again the above.

INCONTINENCE OF URINE.

• (See Enuresis.)

INFLAMMATION OF THE BOWELS.

(See Enteritis.)

JAUNDICE.—(FALSE.)

This term has been applied to a yellow color of the skin, which succeeds the *deep red* of the infant a few days after birth. It can scarcely be considered disease, and may be distinguished from *true* jaundice by its not discolouring the white coat of the eye; it generally passes off within a fortnight without treatment.

MEASLES.

Contagious and Infectious. Duration nine to twelve Days.

This disease in itself is not dangerous, it generally begins as a common cold, with lassitude, heaviness of the head, drooping of the eyelids, copious secretion from the eyes and nose, drowsiness, thirst, furred tongue, dry cough. On the third, or late as the fifth day, small spots, resembling flea-bites, appear on the face; next on the neck and arms; lastly on the trunk and extremities. The spots may be single, or in clusters, presenting a crescentic form, deep red, and slightly elevated, the interspaces retaining the natural color; about the fifth day many of these spots throw up a vesicle, which remains a day or two, when the redness

fades. The vesicle dries up into a fine scurf, the fever abates, copious perspiration sets in the cough becomes loose, and the strength increases.

Aconite and Pulsatilla given in alternation every six hours.

It must be remarked that measles is due to a poison in the blood, and the sequelæ are often more important than the disease, if it be associated with Whooping Cough. Bronchitis or Pneumonia there is danger; measles is occasionally ushered in by a convulsive fit which is not dangerous; bleeding from the nose is not an unfavourable sign.

MUMPS .- (PAROTITIS.)

A swelling or engorgement of the lymphatic glands, which extend from the submaxilliary to the parotid region; these inflame and become tender; there is generally slight fever, languor, restlessuess, and loss of appetite, suppuration is very rare; occasionally there may be a discharge from the ear. In four to six days the disease begins to decline.

Apply hot water, and keep the neck warm;

Mercurius—a few doses will aid resolution.

Should the inflammation become very intense, Belladonna and Rhus Toxicodendron, alternately night and morning.

NETTLE RASH.

This consists of little wheals appearing on the skin, pale in colour and slightly raised; it itches often considerably, and is an affection of hot weather.

Warm bath,

Pulsatilla.—Three globules twice a day.

OPTHALMIA.

Inflammation of the eyes; the purulent form is most common to infants, appearing a few days after birth; the eyelids becomes red and swollen; the edges of the lids are gummed together, and when opened for examination, yellowish pus is freely discharged; this state requires proper treatment, or the sight may be impaired, and ultimately lost.

Treatment.—Cleanse the eye three or four times a-day, and drop warm water between the lids, but obtain medical aid immediately. Be careful to put away any cloth used; the discharge is contagious.

OTITIS .-- (EARACHE.)

Is very common among children, and may be seated either in the internal or the external ear, it is very painful, an attack may come on suddenly, but there is generally some indicacation of uneasiness for a day or two previous, the child seems alarmed by a slight noise, pressing its head on the side affected on the pillow or arm of the nurse; it screams aloud, seeming to dread movement, but pressure gives relief; a drop of tincture of **Arnica** in sweet oil may be dropped into the ear.

Pulsatilla and Chamomilla alternately every half hour; if the inflammation is very intense.

Aconite and Belladonna in the same manner.

RANULA,

A small tumour which forms under the tongue, not very common in infants.

RED GUM,

Frequently seen on the face, neck and hands, three or four days after birth, in the form of red patches, or spots; it is very simple, and does not require treatment.

RICKETS,

Generally developed about the period of weaning, or during the first dentition, may be preceded by flatulence, acidity, colic, offensive breath, distended abdomen; often the appetite is ravenous, the child wastes, the face looks old and wrinkled, slow growth, difficulty of getting on the feet, the teeth are no sooner cut than they begin to decay, or they become yellow, streaked with brown; the edges of the teeth often present an uneven ragged appearance; the bones soften and become bent, especially the legs; the ankles and wrists enlarge, the knees bend inward, the bones of the head do not close, and the brain felt to beat; the urine deposits a chalky sediment, the stools are of a pale colour.

The following description is by Dr. Jenner:—
"Mental capacity and power small; muscular

force deficient; mind and body inactive; figure short; closure of the fontanelles, (bones of the head) retarded; face small, but broad, skin opaque with downy hairs, late in cutting the teeth, running alone, and in talking, the teeth drop early from the sockets."

Treatment.—Earlier the better. Pure fresh air. Good milk, with a little lime water added. If the child is two years old, meat pounded in a mortar, or beef tea with bread soaked; extreme cleanliness; regular meals and exercise; sleeping alone if possible.

- Cod Liver Oil, one tea spoonful after a meal three times a day.
- Calcarea and Silicea are very useful; but this disease assuming as it does various phases requires judicious and persevering treatment.

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The following description is by Dr. Jenner:—
"Mental capacity and power small; muscular

strawberry, and the soreness of the throat increases; the fever now abates, the redness begins to fade, and generally on the sixth day the skin gets rough, and begins to peel off the hands and feet in scales; at this stage sweating generally sets in, and not unfrequently bleeding from the nose, thus the case may terminate favourably.

Aconite and Belladonna, in alternation, each two or three times a-day.

All cases, however, do not terminate thus: the symptoms may become alarmingly intense, the throat affection, and delirium, may increase; the eruption assumes a purple colour; difficulty of swallowing and breathing. Brown Tongue and frequent pulse are grave signs.

SLEEPLESSNESS,

A mere symptom, arising from irritation.

Coffcea, is generally sufficient; if it fails, give

Belladonna.

Opium is also very useful.

SMALL POX.—(VABIOLA.)

Duration fourteen days.

Contagious and Infectious.

Commences with shivering, headache, lassitude, nausea, vomiting, pain and weakness in the back and loins, tenderness in the region of the stomach, the face looks bloated, eyes heavy and watery, (infants are sometimes convulsed,) the skin dry and hot, restlessness, urine scanty and high coloured; in forty-eight hours, or so late as the fourth day, an eruption, slightly

red, appears first on the face and neck, very minute, feels like the head of a small pin; in passing the hand over the forehead, the sensation resembles a worn nutmeg grater, the fever symptoms now abate, the pimples grow larger rapidly, and spread to other parts of the body.

Generally on the fifth day a circular vesicle containing a clear or slightly yellow fluid, is seen in the centre of each pimple, as it still enlarges, becomes depressed, cup-like in the centre, the base becomes inflamed and painful, the face swells, often so much as to prevent the eyes being opened; there may be sore throat, hoarseness, and some difficulty in swallowing; the eruption loses the central depression about the eighth day, the pustules become full and look yellow, while the surrounding skin is deep red; they now shortly burst, and discharge their contents about the tenth or eleventh day; they dry up, form

crusts, which fall off, leaving the skin beneath of a brown colour, about the fourteenth day.

Happily the introduction of vaccination has deprived this once terrible scourge of its terrors, and if taken after its intensity is greatly modified.

Treatment—1st Stage—Fever—Aconite.

Every three hours.

" 2nd " Eruptive—Mercurius.

Every four hours.

,, 3rd ,, Matured—Mercury.

Every six hours.

" 4th " Desquamation.—**Dulc.**Every four hours.

In this disease, when possible, medical advice is generally obtained.

The most dangerous period is from the ninth to the eighteenth day. Sudden disappearance of the eruption. Delirium and difficult breathing are unfavourable signs.

SORE THROAT .- (See Angina.)

SWELLING OF THE BREAST.

(CONGESTION.)

It is a practice with some nurses to press, or as they call it, milk the infant; this should never be done, but apply a little sweet oil, and if the inflammation increases, a poultice of bread and milk. Give **Mercurius**, one dose.

TRISMUS.—(Lock Jaw.)

Has been known to occur in the infant during a fit of convulsions, it is very rare, and need not to be dwelt upon.

TYPHOID FEVER.

Very rare in early life, it is seen more frequently from nine to fourteen years of age.

Symptoms.—General lassitude, depression, loss of appetite, frontal headache, thirst, slight diarrhœa, pains in the abdomen, some prostration, tongue white, edges red, in some cases vellow and cracked; the nights are generally good, but on awakening there is a lost vacant look, confused, rather stupid expression, yet anxious; complexion clear, face flushed, forehead bathed in perspiration; this state continues for seven or eight days; when the eruption. so characteristic of the disease, appears, small rose coloured spots, slightly elevated, are seen generally on the abdomen, sometimes on the chest and back, they remain out three or four days, and fade away, fresh spots are continually appearing and fading; the average duration of this disease is twenty-two days. when convalescence begins. It is not always so mild as here described. Delirium increased. diarrhœa, especially with blood. Brown tongue and extreme prostration indicate danger.

Treatment.—Diet must be bland and light; cold water in small quantities to quench the thirst; wine and beef tea if great prostration; diarrhæa may be controlled by Ipecacuanha; and in the eruptive stage, Lachesis may be administered with advantage, in alternation, but medical aid should always be obtained.

VOMITING.

Infants vomit very easily; it generally occurs from excess of food, but may be caused by cold, acidity, teething, emotion of the mother, or tight bandaging.

Pulsatilla and Ipecacuanha are the most useful remedies—dissolved in water.

Dose three times a-day.

WASTING .- (ATROPHY.)

Generally occurs from the first to the third year, depending chiefly on rickets, disease of the mesentery, anæmia, or syphilis, and requires skilful treatment according to its nature.

WETTING THE BED .- (See ENURESIS.)

WHOOPING, OR HOOPING COUGH,

Commences like a common cold: fever, thirst, running from the eyes and nose, and dry cough, but nothing is very positive until the characteristic whoop is developed; at this stage the child is well aware when a fit comes on, runs to its nurse or parent for help; the crowing, whooping sound, is too well known to need description; the disease, like measles, depends on a poison in the system affecting the nerves of the stomach and lungs;

it is not dangerous, unless complicated, which it often is, with bronchitis and pneumonia, and then may prove fatal.

Aconite and Bryonia.—In the first stage, that of common cold.

Drosera.—In the second, or whooping.

Pulsatilla.—To complete the cure.

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WORMS.

Predisposing age three to ten years.

The most common is the Ascarides, small and thin like threads, larger at the head, fine and tapering behind; chiefly seated in the rectum, where they cause intolerable itching, and are sometimes discharged in clusters, like little balls enveloped in mucus, which their presence causes the lining membrane of the bowel to secrete. Attendant symptoms are

paleness of face, blue circle below the eye, dilated pupil, constant itching and picking of the nose, variable appetite, disturbed sleep, grinding the teeth, sometimes bleeding from the nose, convulsions.

Cina one drop, tincture No. 3, every morning in half a wine glass of water.

There are many other remedies, but they should be left to the judgment of the medical attendant.

Nux Vomica, Mercurius, Sulphur, and Calcarea, may be required to effect a cure.

The lumbricales, or round worm, is not so common.

The tape worm very rare.

ON THE MEDICINE AND DOSE.

The remedies employed are to be obtained of the Homocopathic Chemist.

In the form of Globules or Pilules are the safest and best; the attenuation No. 6 preferred.

More powerful preparations, such as **Tine**tures and **Triturations**, require experience; and should only be administered by, or under the sanction of the medical attendant.

Administration of the dose, one pilule or three globules constitute a dose; and may be placed on the tongue, or dissolved in a spoonful of water, as may be most convenient (for infants, globules are decidedly the best).

When necessary to administer medicine very frequently, dissolve eight globules, or four pilules in a wine glass of water; give one small spoonful every quarter or half hour or three or four times a day, as may be directed.

When two medicines are ordered in alternation, the first should be marked No. 1; the second, No. 2; or dissolve one in a cup, the other in a glass, to distinguish which is to be given next.

Keep the medicine from the light, and, when possible, use water that has been boiled but become cold. The cup or glass must be perfectly clean.

The best time to administer the medicine is at a remote period from taking food, and may be administered night and morning, or morning, noon, and night, as the urgency of the case may require.

A medicine dissolved in water, and given in repeated doses—say a spoonful at a time—will act far more intensely than the same quantity swallowed as one dose.

The medicine need not be repeated when the symptoms are abated.

SYMPTOMATIC INDICATIONS

FOR THE SELECTION OF

TWELVE CHIEF REMEDIES

CONTAINED IN THE PRECEDING PAGES.

1. ACONITE.

Inflammation and fever.

Dry burning heat.

Swelling of the affected part.

Rush of blood to the head.

Flushes of heat in the face.

Dry parched lips, with brown mucus.

Heat and burning in the throat.

E-cessive thirst.

Full, quick pulse.

Short, rapid breathing.

Tender and distended abdomen.

Scanty or suppressed stools.

Hot, scanty, deep-coloured urine.

2. ARSENICUM.

Sudden prostration of strength.

Cold parchment-like state of skin.

Pale livid look.

Blue margin round the eyes.

Brown blackish tongue (or cracked).

Cold sweat on the forehead.

Cracked or ulcerated lips.

Eruption, forming thick crust on head and face.

Burning sensation in the stomach.

Vomiting of food, or green water.

Blackish fetid stools.

Watery, scalding diarrhea.

Violent cutting, constrictive pain in abdomen.

Constriction in the throat (suffocative).

Wheezing, difficult breathing.

3. BELLADONNA.

Delirium. Wild look.

Violent pain in the forehead.

Dull stupefying headache.

Throbbing headache.

Dilated pupils. Eyes red.

Ulcerated and inflamed throat.

Bloated red face.

Red, scarlet colour of the skin.

Erysipelatous inflammation of skin and breast.

Inflammation of the brain.

Aversion to being looked at when ill.

Restless sleep.

Inability to sleep.

Shivering with alternation of heat.

Extreme dryness in the mouth and throat.

Tongue red, hot, sore.

Throat red, inflamed, dry. Thirst.

Tonsils swollen, inflamed, ulcerated.

Painful, difficult deglutition.

Hiccough.

Hoarseness, loss of voice.

Swelling of the glands in the neck.

Dry, hollow cough.

Rattling of mucus in the chest.

4. BRYONIA.

Pains aggravated by motion.

Considerable irritability.

Easily enraged.

Red face; sweat on the forehead.

Headache increased by movement.

Tongue yellow—or thick white coat.

Constipation.

Shooting pain in the chest, with cough.

Difficult breathing.

Catching the breath.

Dry cough, or yellow expectoration.

5. CALCAREA.

Softening of the bones. Rickets.

Affections of the lymphatic glands.

Difficulty in cutting the teeth.

Difficulty in learning to walk.

Weakness of the legs.

Great tendency to take cold.

Painless swelling of glands.

Swelling of wrists and ankles.

The body seems too heavy for the legs.

Excoriation of the skin.

Tetters and scabby eruptions.

Tired feel on awaking in the morning.

A short walk fatigues.

The child complains of being tired.

Drowsiness by day.

Sleep short—easily awakes—starts.

General emaciation. Old look.

Enlargement of the mesenteric glands.

White, clay-like stools.

Constipation—hard straining at stool.

6. CHAMOMILLA.

Spasms and convulsions.

Relieves pain—and sensitiveness to it.

Convulsive twitchings of the lips and muscles of face.

Great prostration from pain.

Excoriation of infants.

Acidity of the stomach.

Flatulent colic. Diarrhœa.

Green stools.

Sensitiveness of the nervous system.

Dislike to the open air.

General heat during sleep.

Heat and redness of cheeks (especially one only).

Inquietude. Weeping.

The heart seems as if it would break.

Drawing pains in the ears (earache).

Loss of appetite.

Pain and pressure in the stomach.

Griping in the stomach.

The sufferings often come on at night.

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7. COFFEA. (COFFEE BERRY.)

Sleeplessness.

Crying of children and infants.

Starting in sleep.

Painful cutting of the teeth.

Fretful humour.

Sleepiness, yet the child is unable to sleep.

Waking when just on the point of going to sleep.

8. IPECACUANHA.

Indigestion. Vomiting.
Croup. Asthma. Diarrhea.
Headache, with pale face.
Nausea. Aversion to food.
Vomiting of food undigested.
Loose evacuations. Yellow.
Bloody stools.
Mucous stools, tinged with blood.
Cough—dry, convulsive.
Respiration short, difficult.
Spasmodic constriction of larynx.
Threatened suffocation.

9. MERCURIUS.

Scrofulous and syphilitic affections. Swelling and inflammation of glands. Suppurations. Ulcerations. Bruise-like pains in the bones. Emaciation of the whole body. Great excitability. Sensitiveness. Dejection. Lowness of spirits. Agitation during sleep. Talking in sleep. Copious sweats. Sufferings from a cold (catarrh). Inflammation in the eyes. Snuffling and stoppage of the nose. Purulent discharge from the ear. Constant discharge from the nose. Face pale-dingy earthy look. Teeth ache, and soon decay. Fetid smell from the mouth.

Loss of appetite, or craving for food. Worms.

Ascarides.

Inflammation of the liver.

Jaundice.

Tenderness of the abdomen to pressure.

Loose, bloody evacuations.

Urine thick, scanty.

Prolapsus of rectum.

10. NUX VOMICA (suitable for male children).

Constipation. Indigestion.

Nervous debility. Headache.

Pains in the limbs (growing pains).

Great excitability of the nervous system.

Sensitive to cold and changes of weather.

Liability to take cold. Shivering.

Alternate heat and chill.

Fatigue after but little exertion.

Sleep not refreshing.

Disposition to wake too early.

Dreams which frighten.

Peevish humour. Irritable.

No desire to play.

Feels sick and puts his hand to forehead.

Face pale or yellow.

Tongue—thick coat, white or yellowish.

Putrid smell from the mouth.

Fetid breath.

Appetite quite gone.

Constant inclination to vomit.

Pain and uneasiness in the stomach.

Stools hard; difficult to evacuate.

Tickling, itching about the genital organs. Weakness, with stiffness of the legs.

11. PULSATILLA (especially for females).

Catarrh. Common cold.

Mucous discharge from the nose.

Stoppage of the nose.

Redness of the eyes and lids.

Bruise-like pains in the body and limbs.

Pains which shift or fly about.

Tendency of extremities to go to sleep.

Red spots resembling flea bites.

Constant itching here and there over the body.

Restlessness. Disposition to weep.

Sleepiness without being able to sleep.

Frequent yawning.

Coldness. Shivering. Sneezing.

Heaviness of the head. Headache.

Dry feverish heat, followed by perspiration.

Heat of face with cold feet.

. The symptoms increase toward evening.

Pain in the forehead as if it would split.

Relief in the open air.
Insipid or sweet taste in the mouth.
Flow of saliva, continual.
Tongue white.
Loss of appetite. Eructations.
Vomiting of milk or food.
Loose evacuations, too frequent.
Wetting the bed.

12. SPONGIA. (ROASTED SPONGE.)

Croup.
Face pale.
Sudden attack of constriction in the throat.
Threatened suffocation.
Sudden awaking out of sleep.
Respiration short and wheezing.
Dryness in the larynx.
Constriction of the muscles of the larynx.
Husky. Hoarse voice.



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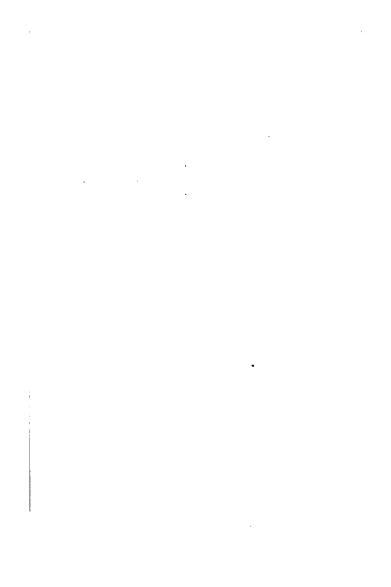
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